
LESSON WIC BF-000-08

Benefits of Breastfeeding

OBJECTIVE: Participants are women, trying to decide whether or not to breastfeed, or breastfeeding mothers. Each participant will be able to name several benefits of breastfeeding and explain why they are advantageous.

MATERIALS NEEDED:

- List of Bingo card responses for peer counselor or WIC staff to read aloud
- Beans (or cut-out playing pieces, attached)
- Bingo cards (attached)
- Bingo prizes (breastfeeding stickers, buttons, door hangers, etc.)
- Evaluations, oral and written (Reproduce from sample given.)

LEARNING ACTIVITIES:

Breastfeeding Bingo

TEACHING TIPS

This is a motivational and informational lesson. The lesson consists of discussion and game playing. After each winner bingos, let the class participate in discussing the benefits on their bingo card and encourage everyone to contribute to the discussion—whether they “bingo” or not.

ICE BREAKER:

Ask participants:

How many of you know how to play bingo?

Will those of you who are old pros at bingo, explain to the others the rules of the game?

We are going to learn some of the benefits that breastfeeding provides as we win at bingo!

Distribute bingo cards and beans to participants.

Call out various benefits as they are worded on your response list. When a participant has the benefit on her card, she will cover that square with a bean. When all the squares or covered, or a row of squares are covered, participant shouts “Bingo!” Caller checks the card by having the participant read back the benefits. As participant reads the benefit, ask her to explain how the advantage applies to breastfeeding or why the advantage would be called an advantage to breastfeeding. If the participant cannot answer, ask other participants in the class to join in and help that participant to explain the advantages.

Award the prize.

ORAL EVALUATION – BF-000-08

Ask participants to say whether the following statements are true or false:

- | | | |
|--|-------------|--------------|
| 1. Breastfeeding is healthy for the environment. | TRUE | FALSE |
| 2. Breastfeeding is more expensive than bottle-feeding. | TRUE | FALSE |
| 3. Breastfeeding women may lower their risk for breast cancer. | TRUE | FALSE |
| 4. It is hard to travel with a breastfed baby. | TRUE | FALSE |
| 5. Breastfed infants have fewer ear infections. | TRUE | FALSE |
| 6. Breastmilk is easier to digest than formula. | TRUE | FALSE |

Answers: True, False, True, False, True, True

Bingo Card Benefits:

Babies are healthier

Best food for baby

Delays return of fertility

Happier baby

Babies have fewer ear infections

Babies have less vomiting and diarrhea

Helps in natural weight loss

Helps uterus get back to normal size

Increases mom's self-confidence

Leaves a free hand for mom

Makes baby more enjoyable

Makes comforting baby easier

Easy for baby to digest

Special closeness between mom and baby

Saves time and money

Saves money on formula

Saves money on doctor bills

Good for the environment

Relaxes Mom

Reduces mom's risk of breast cancer

Reduces bleeding after delivery

Promotes bonding

Prevents constipation in babies

No need to boil bottles or nipples

Makes traveling easier

WRITTEN EVALUATION – BF-000-08

Circle **TRUE** or **FALSE** next to each statement below:

- | | | |
|--|-------------|--------------|
| 1. Breastfeeding is healthier for the environment than formula feeding. There is no rubber, plastic, glass or cardboard to dispose of. | TRUE | FALSE |
| 2. Breastfeeding is more expensive than formula feeding. | TRUE | FALSE |
| 3. Traveling with a breastfed baby is difficult. | TRUE | FALSE |
| 4. When a mother breastfeeds, she lowers her chances of getting breast cancer. | TRUE | FALSE |
| 5. Breastfed babies have fewer ear infections. | TRUE | FALSE |
| 6. Breastmilk is the easiest food for your baby to digest. | TRUE | FALSE |

Answers: True, False, True, False, True, True.

BF-000-08
Lesson Evaluation Form – Staff
Benefits of Breastfeeding

Project#_____

Month/Year of lesson use:_____

1. Was the lesson easy to read and follow?
Yes____ No____
2. Were participants able to correctly answer the post-test questions?
Yes____ No____

If no, which questions?_____
3. Was participant feedback:
 - a. positive
 - b. negative
 - c. indifferent
4. Was the Spanish translation appropriate for your participants?
5. Do you plan to use this lesson again?
Yes____ No____

Comment:_____

6. What changes would you suggest for improving the lesson?

BF-000-08
Lesson Evaluation Form – Participant
Benefits of Breastfeeding

Project# _____

1. The lesson I learned today was called: _____

2. I am: (You may circle more than one.)

- a. pregnant
- b. breastfeeding
- c. parent of an infant
- d. parent of a child
- e. family or friend

3. How much did you like the bingo game?

- a. a lot
- b. a little
- c. did not like

4. Do you plan to use the ideas from the lesson at home?

- a. a lot
- b. a little
- c. not very much

5. Do you think this is a good lesson to have at WIC?

Yes____ No____

Why or why not? _____

6. What is the most useful thing you learned from the lesson today?

7. Comments:
